The Cause and Prevention of Suicide

By Robby Carson

Central Michigan University

Abstract: Here I will write a summary of my paper

Keywords: *keyword for this*

The Cause and Prevention of Suicide

How do we prevent suicide? Suicide has become more prevalent in today’s society than ever before and is an issue that does not have nearly enough attention. According to the Parent Resource Program of The Jason Foundation suicide is the second leading death of those in the age range of 10-24, and they say that “more teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, combined” (paragraph 3). Some may ask how a person can get to the point of ending their life as being a option, but when I looked at some causes of suicide then the option made more sense. The ultimate cause of suicide is depression. Depression can be caused by many different things as well: bullying, Post Traumatic Stress Disorder (PTSD), and family/friend matters may cause a person to become depressed. Depression is a serious mental disorder but the term gets brushed off so easily in today’s society and is considered as being over dramatic when a person is expressing their thoughts and feelings. Any signs of depression or suicide need to be taken seriously. The awareness of this horrible mental disease needs to be risen and thankfully there are some organizations as well as preventative measures that can help those who have depression and suicidal thoughts. Some organizations that help prevent suicide are a local suicide hotline, The Amazing Day Foundation, and Bell Let’s Talk. There are also some preventative measures that people can use so that they do not need to feel depression. Some of the preventative actions could include practicing a religion or even something as simple as getting more exercise. No matter what a person goes through, there should be no reason why someone should feel the need to end their own life.

Depression is a mental disease that does not get nearly enough attention as is should. Depression is the leading cause of suicidal deaths in the United States and according to save.org “Depression affects 20-25% of Americans ages 18+ in a given year” (save). That means that a quarter of America’s adults are dealing with depression which is roughly around 61,300,269 people and according to the Centers of for Disease Control (CDC) 41,149 of those people will lose their lives due to suicide this year (CDC).

Bullying has been around for centuries. Wars generally start by a form of bullying and we all have been bullied or have done the bullying weather we know it or not. Over the past few years there has been a risen awareness of bullying in schools as well as society, which is a nice step in the write direction. But in order to stop bullying, we need to understand what bullying is. Bullying, according to stopbullying.gov, is “unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious lasting problems” (Bullying). Bullying does not just hurt the kid who is getting bullied but it also hurts the kid who is doing the bullying. According to stopbullying.gov, Bullying can come in three different forms. Verbal bullying is the act of saying hurtful things to the person that is getting bullied. There is social bullying which normally involves “hurting someone’s reputation or relationships” (). Then there is physical bullying, which “involves hurting a person’s body or possessions” (). Each of theses ways of bullying should be treated with the same intensity. All three ways of bullying can effect people differently and should not be thought of as lesser than another form.

PTSD

Family/Friend Matters

Suicide hotline

Exercise

Religion

Bell Lets Talk

The Amazing Day Foundation

Conclusion

References